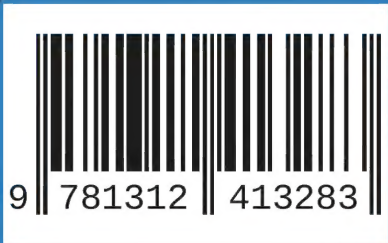


The 2024 Self-Care Mindfulness Planner is a spiral-bound planner that covers the 17 months from August 2023 to December 2024. It is designed to help you focus on your mental health, practice gratitude, discover a soothing sense of inner peace, and learn how to be more present in the moment. The planner includes features such as: Monthly and weekly spreads with ample writing space and to-do lists Monthly goal planning pages, motivational quotes, and calm habit trackers Inspiring phrases, daily mindful check-ins, and encouraging calm tips and reminders all year Elastic band closure Environmentally responsible, FSC certified and smudge-free paper Vibrant, fresh design and removable cover band Holidays and observances Notes pages Year at a glance The 2024 Self-Care Mindfulness Planner is a great way to stay on track with your self-care goals and to create a more peaceful and mindful life. Here are some of the benefits of using a self-care mindfulness planner: It can help you to track your progress and to see how your self-care habits are changing over time. It can help you to identify areas where you need to focus more on self-care. It can provide you with inspiration and motivation to keep up with your self-care practices. It can help you to create a more mindful and present-moment awareness in your life. If you are looking for a way to improve your mental health and to live a more mindful life, then the 2024 Self-Care Mindfulness Planner is a great option.



2024 Self-Care Planner

Dharma Seeds Yoga

SELF-CARE PLANNER

2024



DHARMA SEEDS YOGA
Trauma-informed yoga



TAKE CARE OF YOURSELF THIS YEAR WITH THE
2024 SELF CARE PLANNER!

- PLAN YOUR SELF-CARE ACTIVITIES AND TRACK YOUR PROGRESS.
- FIND INSPIRATION AND MOTIVATION TO TAKE CARE OF YOURSELF.
- MAKE SELF-CARE A PRIORITY IN YOUR LIFE.